



The Rhythm Way Self Guided Course | Nature-Based Practices

# For Wild Connection

with Laura Larriva Page

Session III

# Wild Conversation.



*"The most worthy knowledge  
cannot be acquired by what is known as study -  
though that is necessary, and has its use.  
It comes in its own good time  
and in its own way to the man who will go where it lives,  
and wait, and be ready,  
and watch.  
Hurry is beside the point, useless, an obstruction.  
The thing is to be attentively present.  
To sit and wait is as important as to move.  
Patience is as valuable as industry.  
What is to be known is  
always there.  
When it reveals itself to you, or when you come upon it,  
it is by chance.  
The only condition is your being there and being watchful."*

— Wendell Berry



## SESSION III | WILD CONVERSATION.

This week is all about connecting to a particular place in a wild or semi-wild place and entering into an ongoing conversation with that place. Conversations can happen with human language, but also with gesture, emotion, imagination, and expression of any kind. Conversations also have two parts - deep listening, and expressing or offering. Because we are so used to being in relationship to nature as recreation or resource-extraction, it can feel strange to allow ourselves to really listen to what the ecosystem and the living (or 'inert') being in it may have to share. To do so, we'll need our childhood innocence to come fully online - the parts of us that

remember how to pre-tend - which means to stretch our perception before we know.

Truth is, conversing with a wild place may feel strange - even uncomfortable, but hey, it's what you signed up for! (and I'll let you in on a little secret : the crows outside my window here on 4th street have helped me write this practice).

May your perception be stretched in just the right way.

## Nurturing a Relationship to Place.

**Wander outside in nature as if everything were alive and witnessing you.** You might want to praise what you see, or speak to each plant or rock by name. You may find yourself gesturing inwardly or outwardly your acknowledgement of the life you see. Be open and trust where you're led.

Eventually, find yourself called, pulled and beckoned to one specific place. It could be a place that allures you in some way, or it could be a place that feels powerful or curious, or unknown - or even a little uncomfortable (psychically, not physically) to you. This place would be best if it were a place you could get to relatively easily, that is secluded enough for you be able to meditate, or be in deep conversation there. This activity could also be done in your local city park, if access to nature is not available to you, or even in your backyard.

Once you've find your place, you can introduce yourself to the beings there.

*What would be the most meaningful way to do that?*

*What would you say?*

*Would you make a sound? Or a gesture?*

You might want to fill in the sentence, "*I am the one who*"... and then offer yourself fin the most authentic and embodied way possible.

You might want to express something about why you are here, and what you are intending to do or to learn about them. You may ask for their help.

You may want to express what questions, joys, doubts, griefs, or longings you may have in regards to your relationship with the animate world.

Remember as you approach these beings and this place, that a conversation has two parts - listening and expressing. Be open to what the others may have to say, and remember they may not always be interested in talking about you. You may want to remember to ask about them.

When you feel this stage coming to a natural close, you may want to offer something to that place in the spirit of reciprocity. This offering could be your breath, or some water for the plants there, or a song. Let it come to you naturally and be fueled by emotions/images/experiences you are presently having. There is no right or wrong. Trust what arises.

You could ask permission to come to this place again, in the spirit of getting to know it, and seeing it in all its natural stages throughout the year. You may want to express that you're in it for the long haul, not as a tourist passing by.

Be present to all layers of your experience as you do this. If you have a strong inner critic voice that comes up that wants to tell you all the reasons why you're crazy for speaking to the land and to the rocks and the trees and the animals, just take note with compassion. Recognize that your critic just wants to keep you safe, and may be operating based on introjected or old messages that may no longer serve where you are now.

Be aware of all that shows up in your periphery and in your inner world as well. Let the imagination be free to roam and if you hear yourself saying; “I’m just making this up,” you can remind yourself that that doesn’t mean it’s not true.

Finally, let yourself be surprised by what you do or say. You might overhear some part of you, or another being, tell you something you never thought you knew.

### **Next Week We Will Explore :**

Connecting through the body, the emotions and feeling sense, the imagination and the mind - how to turn on and engage all our many ways of knowing for deeper connection and intimacy.

***“There is no real aloneness. There is solitude and the nurturing silence that is relationship with ourselves, but even then we are part of something larger.”***

— Linda Hoga



## SESSION II REFLECTION & JOURNALING

When you're complete, you may want to explore these questions in your journal, and the following stream of consciousness writing practice.

***How is the world different now?***

***What did you hear the Others say?***

***Were you surprised by anything?***

***What did your inner critic have to say about this experiment?***

**Stream of Consciousness Writing:** Time yourself for at least 5 minutes, could be more, and fill in the the following sentence with whatever comes to mind first. Try not to edit as you go, or be critical of your writing or of what comes up and out. If you get stuck, just keep writing and re-writing the prompt until your muse has something else she wants to share!

***“The soul of the world wants me to remember that...”***

**Return Often :** Do your best to return to this place (and the conversation you have begun there) as often as you can. Approach

it always as a living other. Court it like you would a lover (mmm...my favorite! Surrender each time to what is true for you then - your desires, fears, and present emotions and imagery.

Learn to listen as much as you speak.

# ADDITIONAL RESOURCES

[Soulcentric Coaching Sessions with Laura](#)

[Join us on the land for our next Wild Immersion](#)

[Check out additional complementary self-guided courses and written resources here.](#)

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